

PBF849 DELUXE LOW ROW ATTACHMENT ASSEMBLY INSTRUCTIONS

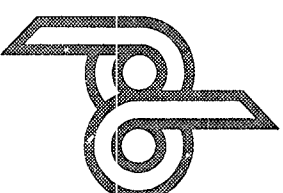
FLAT and INCLINE BENCH

1. Remove the hardware from the assembly of the **FRONT LEG** to the **BENCH**, and discard.
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **ADJUSTMENT TUBE ASSEMBLY**.
3. Assemble the **ADJUSTMENT TUBE ASSEMBLY** and the **CONNECTOR PLATE** to the **BENCH** as shown on drawing, using two (2) 3/8 X 3-1/2 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. (NOTE: THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP)
4. Insert one (1) 2 IN. SQ. END CAP into the front end of the **FOOT BRACE ASSEMBLY**.
5. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE ASSEMBLY** as shown on drawing.
6. Slide the **FOOT BRACE ASSEMBLY** over the **ADJUSTMENT TUBE ASSEMBLY** to the desired hole setting and hold in place with on **SAFETY LOCK PIN**.

DELUXE LAT MACHINE and ECONO LAT MACHINE (PBF010)

1. Remove the hardware from the assembly of the **SEAT SUPPORT** to the **BASE** of the **LAT MACHINE**, and discard the two (2) 1/2 X 3 IN. BOLTS, and the two 1/2 IN. LOCK WASHERS. (DO NOT DISCARD THE TWO (2) 1/2 IN. WASHERS, AND TWO 1/2 IN. NUTS)
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **ADJUSTMENT TUBE ASSEMBLY**.
3. **THE CONNECTOR PLATE IS NOT REQUIRED FOR THIS ASSEMBLY PLEASE DISCARD.**
4. Assemble the **ADJUSTMENT TUBE ASSEMBLY** to the **SEAT SUPPORT** and **BASE** as shown on drawing, using two (2) 1/2 X 3-1/4 IN. BOLTS, two (2) 1/2 IN. LOCK WASHERS, and the two (2) 1/2 IN. WASHERS, and two (2) 1/2 IN. NUTS from STEP 1. (NOTE: THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP)
5. Insert one (1) 2 IN. SQ. END CAP into the front end of the **FOOT BRACE ASSEMBLY**.
6. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE ASSEMBLY** as shown on drawing.
7. Slide the **FOOT BRACE ASSEMBLY** over the **ADJUSTMENT TUBE ASSEMBLY** to the desired hole setting and hold in place with on **SAFETY LOCK PIN**.

PARABODY INC.



DELUXE LOW ROW ATTACHMENT

PBF849

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY:

- 3/4 INCH SOCKET
- 9/16 INCH SOCKET
- ADJUSTABLE WRENCH
- RUBBER MALLET or HAMMER

REVISION: G

If you experience any problems with the assembly of this product, please contact your dealer or your PARABODY Customer Service representative at:

1-800-328-9714.

PBF849 DELUXE LOW ROW ATTACHMENT ASSEMBLY PARTS LIST

HARDWARE:
ITEM NAME/DESCRIPTION

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3-1/4 IN. BOLT	2
2.	3/8 X 3-1/2 IN. BOLT	2
3.	3/8 IN. WASHER	4
4.	1/2 IN. LOCK WASHER	2
5.	3/8 IN. LOCK WASHER	2
6.	3/8 IN. NUT	2
7.	SAFETY LOCK PIN	1
8.	2 IN. SQ. END CAP	1
9.	1-3/4 IN. SQ. END CAP	1
10.	2-1/2 X 5-1/2 IN. NON SKID STRIP	4

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	FOOT BRACE ASSEMBLY	1
2.	ADJUSTMENT TUBE ASSEMBLY (PB2157-1)	1
3.	CONNECTOR PLATE (PB2847-1)	1
	(PB0137-1)	1

PBF849 DELUXE LOW ROW ATTACHMENT ASSEMBLY INSTRUCTIONS

IMPORTANT:

THE BODYSMITH DELUXE LOW ROW ATTACHMENT WAS DESIGNED TO BE USED ON SEVERAL BODYSMITH PRODUCTS. PLEASE FOLLOW THE INSTRUCTIONS INTENDED FOR YOUR SPECIFIC PRODUCT:

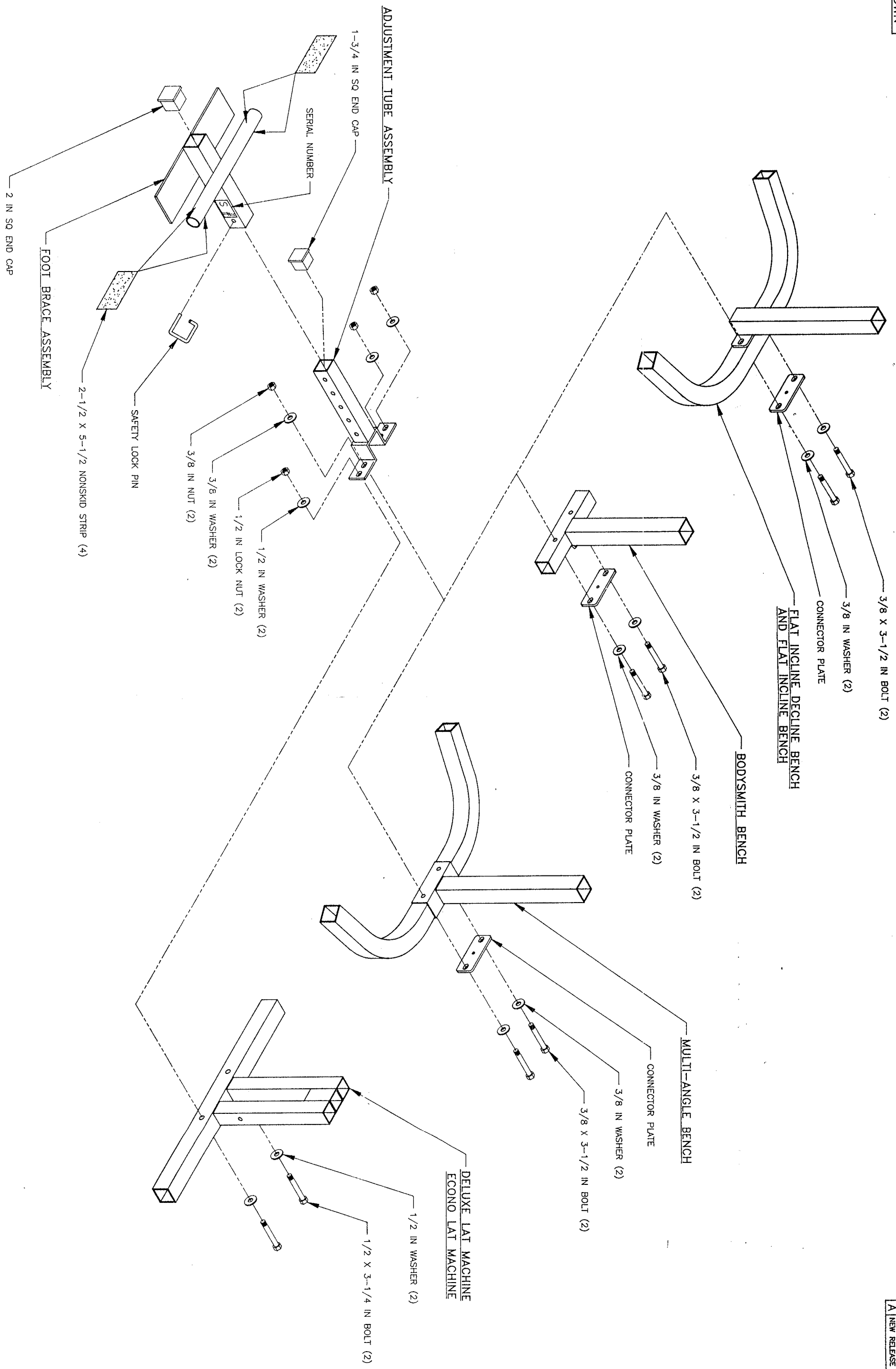
- FLAT/INCLINE/DECLINE BENCH
- BODYSMITH BENCH WIDE and NARROW
- FLAT and INCLINE BENCH
- DELUXE LAT MACHINE
- ECONO LAT MACHINE (PBF010)

FLAT/INCLINE/DECLINE BENCH:

1. Remove the hardware from the assembly of the FRONT LEG to the BENCH, and discard.
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the ADJUSTMENT TUBE ASSEMBLY.
3. Assemble the ADJUSTMENT TUBE ASSEMBLY and the CONNECTOR PLATE to the BENCH as shown on drawing, using two (2) 3/8 X 3-1/2 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. (NOTE: THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP)
4. Insert one (1) 2 IN. SQ. END CAP into the front end of the FOOT BRACE ASSEMBLY.
5. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the FOOT BRACE ASSEMBLY as shown on drawing.
6. Slide the FOOT BRACE ASSEMBLY over the ADJUSTMENT TUBE ASSEMBLY to the desired hole setting and hold in place with the SAFETY LOCK PIN.

BODYSMITH BENCH WIDE and NARROW

1. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the ADJUSTMENT TUBE ASSEMBLY.
2. Assemble the ADJUSTMENT TUBE ASSEMBLY and the CONNECTOR PLATE to the FRONT LEG of the BENCH as shown on drawing, using two (2) 3/8 X 3-1/2 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. (NOTE: THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP)
3. Insert one (1) 2 IN. SQ. END CAP into the front end of the FOOT BRACE ASSEMBLY.
4. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the FOOT BRACE ASSEMBLY as shown on drawing.
5. Slide the FOOT BRACE ASSEMBLY over the ADJUSTMENT TUBE ASSEMBLY to the desired hole setting and hold in place with on SAFETY LOCK PIN.



TOLERANCES (UNLESS NOTED)		PARABODY INC. RAMSEY, MINNESOTA
GENERAL	~	
FUNCTIONAL	~	TITLE ASSEMBLY INSTRUCTIONS, 849101 SCALE 1/8 SHEET 1 OF 1 SIZE D DR. JMC CHK'D. JMC DATE 5/82
ASSEMBLY	~	
FINISH	~	
ANODIZING	~	
TITLE ASSEMBLY INSTRUCTIONS, 849101 SCALE 1/8 SHEET 1 OF 1 SIZE D DR. JMC CHK'D. JMC DATE 5/82		PART NO. 64266

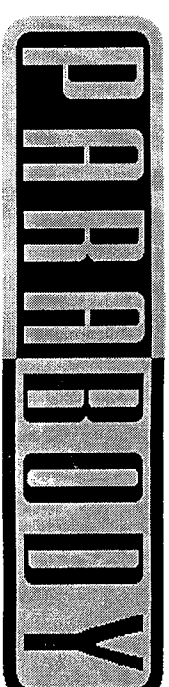
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851 WEIGHT STACK OPTION ASSEMBLY INSTRUCTIONS

6. Slide two (2) WEIGHT STACK CUSHIONS (RADIUS EDGE FACING UP) down over the GUIDE RODS as shown on drawing.
7. SECURELY assemble the WEIGHT STACK SHAFT to the HEAD PLATE as shown on drawing, using one (1) 3/8 X 1-1/2 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. WASHER.
8. Snap two (2) WEIGHT PLATE BUSHINGS each, into twenty (20) WEIGHT PLATES as shown in (DETAIL A).
9. USING EXTREME CARE slide all twenty (20) WEIGHT PLATES down over the GUIDE RODS onto the WEIGHT STACK CUSHIONS as shown on drawing. (MAKE SURE THAT THE KEY HOLES OF THE WEIGHT PLATES ARE ALL FACING OUT THE SAME WAY)
10. Slide the HEAD PLATE ASSEMBLY down over the GUIDE RODS onto the WEIGHT STACK as shown on drawing.
11. Slide the TOP SUPPORT WELDMENT over the GUIDE RODS as shown on drawing.
12. Remove the NUTS and WASHERS from the two (2) loosened BOLT connections of the PULLEY MOUNT FLATS above the WEIGHT STACK. Swing the TOP SUPPORT WELDMENT over the top of the two (2) BOLTS. When the TOP SUPPORT is in position replace these two (2) existing BOLTS with two (2) 3/8 X 3-1/2 IN. BOLTS (ONE AT A TIME). SECURELY assemble the WASHERS and NUTS to the BOLTS. (SEE DRAWING)
13. To assemble the WEIGHT STACK CABLE, follow the cable routing diagram on drawing, and use the following steps:
 - Route the threaded end of the WEIGHT STACK CABLE over the HIGH PULLEY between the PULLEY MOUNT FLATS. Then reassemble the LAT BAR HOLDER to the PULLEY MOUNT FLATS as shown (IF NECESSARY) (MAKE SURE THAT THE CABLE IS BETWEEN THE PULLEY AND BOLT)
 - Continue the CABLE down to the SECOND PULLEY between the PULLEY MOUNT FLATS. Pull the CABLE over this PULLEY and down to the PULLEY BLOCK.
 - Continue the CABLE around the TOP PULLEY of the PULLEY BLOCK and up to the PULLEY of the TOP SUPPORT WELDMENT above the WEIGHT STACK.
 - Continue the CABLE over and down this PULLEY to the WEIGHT STACK, and SECURELY assemble the CABLE to the WEIGHT STACK SHAFT of the HEAD PLATE as shown in the CABLE ROUTING DIAGRAM.
 - See CABLE ROUTING DIAGRAM for help in completing this step.
14. Attach the WEIGHT STACK LABELS to the WEIGHT STACK as shown on drawing.
15. To select WEIGHT, rotate the WEIGHT STACK SELECTOR PIN clock wise 90 degrees, insert into the slot of the desired WEIGHT PLATE, and rotate the PIN back down.



Strength Building Gear

851

WEIGHT STACK OPTION

PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS

851 WEIGHT STACK OPTION ASSEMBLY PARTS LIST

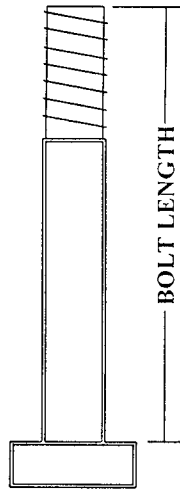
HARDWARE: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3-1/2 IN. BOLT	2
2.	3/8 X 3-1/2 IN. BOLT	2
3.	3/8 X 2-3/4 IN. BOLT	1
4.	3/8 X 1-1/2 IN. BOLT	1
5.	1/2 IN. WASHER	4
6.	3/8 IN WASHER	7
7.	3/8 IN. LOCK WASHER	1
8.	1/2 IN. LOCK NUT	2
9.	3/8 IN. LOCK NUT	3
10.	WEIGHT STACK PIN	1
11.	3/8 IN. SPACER	2
12.	WEIGHT PLATE BUSHING	40
13.	2 IN. SQ. END CAP	5
14.	WEIGHT STACK CUSHION	2

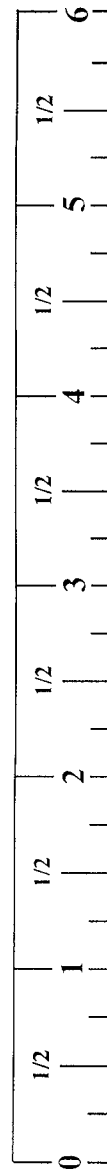
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE WELDMENT	1
2.	TOP SUPPORT WELDMENT	1
3.	CABLE	1
4.	GUIDE ROD	2
5.	HEAD PLATE	1
6.	WEIGHT STACK SHAFT	1
7.	4-1/2 X 3/8 X 1 IN. PULLEY	1
8.	WEIGHT STACK LABEL	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



851 WEIGHT STACK OPTION ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE **851 WEIGHT STACK OPTION**. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

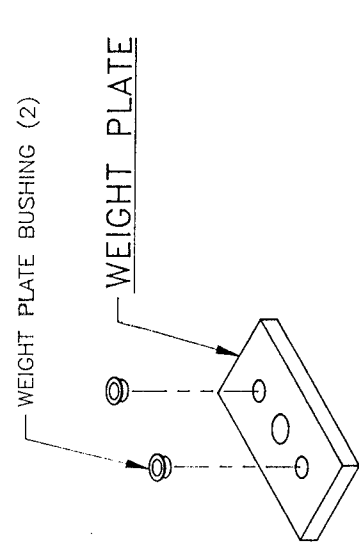
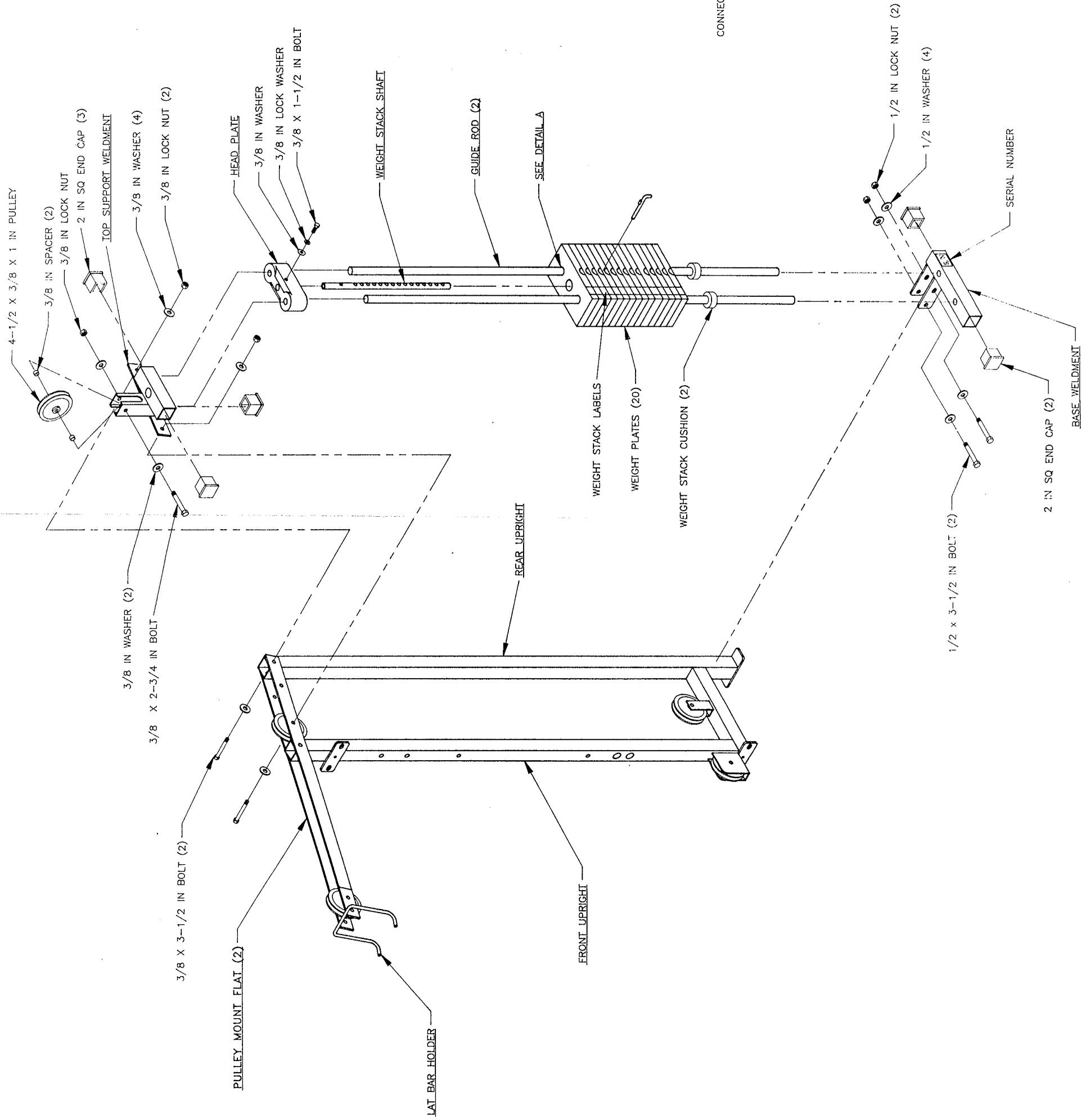
- IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714
- **TOOLS REQUIRED:** RATCHET, 3/4 SOCKET or WRENCH, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER Mallet or HAMMER

1. TO PREPARE THE **893 PROSYSTEM** TO ACCEPT **851 WEIGHT STACK OPTION** PLEASE USE THE FOLLOWING STEPS:

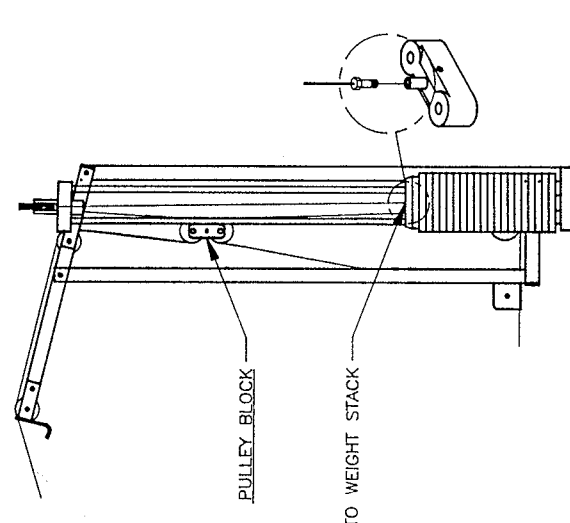
- Detach the **HIGH PULLEY CABLE** from the **CARRIAGE WELDMENT** and remove the **CABLE** from the machine. (**THE LAT BAR HOLDER WILL NEED TO BE LOOSENED OR REMOVED TO DISASSEMBLE THE CABLE**)
 - Loosen and remove the **PULLEY** and **RELATED HARDWARE** from between the **PULLEY MOUNT FLATS** directly above the **WEIGHT CARRIAGE**. (**PLEASE DISCARD THESE ITEMS**)
 - Loosen the **BOLT** connection of the **SECOND PULLEY** between the **PULLEY MOUNT FLATS**. Also, loosen the **BOLT** connection of the **PULLEY MOUNT FLATS** to the **FRONT UPRIGHT**.
 - Loosen and remove the **BOLT** and **RELATED HARDWARE** from the connection of the **PULLEY MOUNT FLATS** to the **REAR UPRIGHT**. Rotate the **PULLEY MOUNT FLATS** up and remove the **WEIGHT CARRIAGE**. **LOOSELY** reassemble the **PULLEY MOUNT FLATS** to the **REAR UPRIGHT**.
2. Insert two (2) 2 IN. SQ. END CAPS into each end of the **BASE WELDMENT**, and three (3) 2 IN. SQ. END CAPS the ends of the **TOP SUPPORT WELDMENT** as shown on drawing.
 3. **SECURELY** assemble one (1) 4-1/2 X 3/8 X 1 IN. PULLEY, and two (2) 3/8 IN. SPACERS into the **TOP SUPPORT WELDMENT** as shown on drawing using one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.
 4. **SECURELY** assemble the **BASE WELDMENT** to the **BASE** of the **MAIN UPRIGHT** as shown on drawing, using two (2) 1/2 X 3-1/2 IN. BOLTS, four (4) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOCK NUTS.
 5. Insert the **GUIDE RODS** into the holes of the **BASE WELDMENT** as shown on drawing, and allow them to tilt back. (**NOTE: LUBRICATE GUIDE RODS WITH A SILICON OR TEFLON SPRAY THAT IS AVAILABLE AT MOST HARDWARE STORES**)

203 253 - 9431

REVISIONS			
REV	DESCRIPTION	CHG NO	APPD
A	NEW RELEASE	2422	DLM 8/94
B	ADDED S/N	2486	DLM 11/94



DETAIL A



CABLE ROUTING DIAGRAM

TOLERANCES (EXCEPT AS NOTED)	DECIMAL
FRACTIONAL	~
ANGULAR	~

TITLE ASSY INST, 851101 SCALE 1/8" = 1" DRAWING NO. 64607 SHEET 1 OF 1 DATE JUNE 8/94	
DESIGNED BY MGN CHECKED BY MGN APPROVED BY MGN	DATE 8/94